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RESISTANCE TO STRESS IN THE PSYCHOLOGICAL TRAINING OF YOUNG VOLLEYBALL PLAYERS

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Abstract: The article deals with the issues of stress resistance in the psychological preparation of young volleyball players. The problem of increasing reliability from a psychological point of view is considered, based on the introduction of autogenic training into the practice of training young volleyball players, the use of verbal psychological and pedagogical means of heteroregulation, which ensures an increase in the reliability of psychological training.

Keywords: stress resistance, emotional stability, stability, self-regulation, noise immunity, tension.

Introduction. One of the fundamental features of volleyball is the rapid and unexpected change and development of situations where it is necessary to have the ability for independent and mobile thinking. Each player must also have sufficient independence of thought, initiative and readiness to respond to any, even the most critical, changes in the situation [1, 2].

The rapid growth of sports achievements in volleyball imposes increased requirements on the level of competitive reliability of athletes throughout the entire period of long-term training [3, 4].

The psychological preparation of athletes is connected with the management of training and competitive processes. The problem of the reliability of the psychological preparation of volleyball players is relevant today due to the instability and emergency of various situations that cause a person to have a state of prolonged mental stress during the game [5, 6]. Thus, the development of a system of reliable psychological training of volleyball players is necessary today for its further application in order to timely prevent stressful conditions and states of neuropsychic tension, which will help increase the effectiveness of competitive activity. The analysis of the literature showed that in sports psychology, various aspects of the reliability of psychological preparation were mainly studied in relation to qualified athletes and insufficient attention was paid to research into the process of preparing young athletes, which makes it possible to recognize this study as relevant [7, 8, 9, 10].

Due to the relevance and insufficient coverage in scientific works of the problem of psychological preparation of young volleyball players, the purpose of this work is to study and analyze the currently existing methods for improving the reliability of the psychological preparation of young volleyball players [11, 12].

An analysis of pedagogical observations of the preparation of 12-13 year old volleyball players showed that there are problems in psychological preparation. This is manifested in the components of psychological reliability: competitive emotional stability; self-regulation; motivational-energetic component; stability and noise immunity; characteristics of emotional reactions [13, 14].

The traditional methodology is not focused on improving the psychological reliability of 12-13 year old volleyball players. The proposed methodology made it possible to determine the means of psychological and pedagogical influence available for this age group. The application of these methodological approaches had a positive impact on the psychological preparation of 12-13 year old

volleyball players. The proposed method has proved to be reliable and affordable, thus being the best option for managing the training of young volleyball players [15, 16].

As a result of studies of the initial level of psychological reliability in the experimental group, the following data were obtained: 10 out of 12 young men (84%) have an indicator of competitive emotional stability below the average. In 6 out of 12 young men (50%) the index of self-regulation is below average. Motivational - the energy component is below the norm in 3 out of 12 young men (25%). The indicator of stability and noise immunity is below the norm in 5 out of 12 young men (41.7%). 6 boys out of 12 (50%) have sthenic character of emotional reactions, 4 boys (33%) have asthenic character, 2 boys (17%) have neutral character of emotional reactions.

As a result of initial studies in the control group, we present the following data: in 9 out of 12 young men (75%), the indicator of competitive emotional stability is below average. In 7 out of 12 young men (58.3%) the index of self-regulation is below the average. Motivational - the energy component is below the norm in 3 out of 12 young men (25%). The indicator of stability and noise immunity is below the norm in 5 out of 12 young men (41.7%). 7 boys out of 12 (58.3%) have sthenic character of emotional reactions, 2 boys (16.7%) have asthenic character, 3 boys (25%) have neutral character of emotional reactions.

At the end of the pedagogical experiment, repeated measurements of psychological reliability were carried out after the psychological preparation of volleyball players during the academic year.

As a result of measuring the final level of psychological reliability in the control group, the following results were obtained: that in 7 out of 12 young men (58.3%) the indicator of competitive emotional stability is below average. In 5 out of 12 young men (41.7%) the index of self-regulation is below the average. Motivational - the energy component is below the norm in 2 out of 12 young men (16.7%). The indicator of stability and noise immunity is below the norm in 4 out of 12 young men (33.3%). 7 boys out of 12 (58.3%) have sthenic character of emotional reactions, 2 boys (16.7%) have asthenic character, 3 boys (25%) have neutral character of emotional reactions. The final results of measuring the level of psychological reliability in the control group showed that the number of players with an indicator of competitive emotional stability below the average decreased by 2 people. The number of athletes with a low level of self-regulation decreased by 2; Decreased by one person the number of players whose motivational - energy component is below the norm; The number of athletes with a low level of stability and noise immunity has decreased by one player.

As a result of the final measurements of the level of psychological reliability in the experimental group, we found that 5 out of 12 young men (41.7%) had an indicator of competitive emotional stability below the average. In 3 out of 12 young men (25%) the index of self-regulation is below the average. Motivational - the energy component is below the norm in 1 out of 12 young men (8.3%). The indicator of stability and noise immunity is below the norm in 4 out of 12 young men (33.3%). 7 boys out of 12 (58.3%) have sthenic character of emotional reactions, 2 boys (16.7%) have asthenic character, 3 boys (25%) have neutral character of emotional reactions.

The final results of measuring the level of psychological reliability in the experimental group showed that the number of players who have an indicator of competitive emotional stability below the average decreased by five people; The number of athletes with a low level of self-regulation has decreased by three; Decreased by two people the number of players whose motivational - energy component is below the norm; The number of athletes with a low level of stability and noise immunity has decreased by one player.

Conclusion. As a result of studying the scientific and methodological literature on the topic of the study, we came to the conclusion that psychological preparation is very important for the preparation of young volleyball players 12-13 years old. This age is characterized by instability of psychological reliability. However, the issues of improving psychological readiness at this stage are solved without sufficiently substantiated recommendations, which reduce the effectiveness of managing the training process of this age group.

On the basis of the conducted studies, a method for improving the psychological preparation of 12-13 year old volleyball players is proposed. The methodology was based on the use of autogenic training, the use of verbal (verbal) psycho-pedagogical means of heteroregulation, methods that affect the level of team reliability were used.

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